Vancouver metro

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Vancouver metro

Your essential daily news | WEEKEND JANUARY 6-8, 2017 | High 2°C/Low -3°C Uh-oh, more snow

HEARTBREAKER

metroSPORTS

LACE 'EM UP

For the first time in two decades, Trout Lake is open to skating

metroNEWS

A group of keen hockey players hit the ice in East Vancouver on Thursday for a game of shinny.
JENNIFER GAUTHIER/METRO

INSPIRED TO SPEAK UP

School shooting survivor joins pipeline protest

BABIES.

SO INCONSIDERATE.

Food Notes: Re-imagined Federal Store is a hit in Mount Pleasant
VANCOUVERING

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Princess Diana's handwritten letters fetch thousands at auction. **World**

Icy headaches continue, and more snow is on way

WINTER WEATHER

City struggles to deal with residents' complaints

Jen St. Denis
Metro | Vancouver

The city says it's "made progress" with tackling slippery streets — but many residents say they're still sliding on roads packed so thickly with ice they can be skated on.

"Sent this yesterday but don't see it's in progress," wrote one user of the city's VanConnect app, which allows residents to send in requests for service. "West of 24th Ave. going up the road is an ice sheet. Caused accidents with cars and potentially on pedestrians crossing at the road where it meets Dunbar."

"Slid in snow tires a quarter (of the) block to 23rd Ave. going north on Skeena Street while travelling at 10-15 km an hour," wrote another resident.

Another complained of a spot on East 7th Ave.: "There is ice on the sidewalk. I am on crutches and can't reach the SkyTrain because of this."

"Roads need sanding," wrote one resigned resident, "but we know it won't happen."

On Jan. 3, Jerry Dobrovolny, the city's general manager of engineering, said city workers, including 150 staff redeployed from construction projects, would start to tackle the treacherous side streets.

"Over the last two days, we've made progress with putting down a mixture of sand and salt on priority side streets to maintain access to more than 100 hospitals, schools and community centres, and that work is now about 80 per cent complete," said Mayor Gregor Robertson in a press release on Jan. 5.

He added: "I understand the difficulties and frustrations this unusual winter weather has caused Vancouver residents. It's been challenging for us, too."

Metro was told no one would be speaking to the media for several days as city staff concentrate on getting the work done. Communications staff did send Metro a follow-up email saying that most of the higher-elevation side streets have been salted and sanded, and so far work has been done to 83 per cent of schools and hospitals identified as having poor access.

More snow is expected to fall starting Jan. 6. The city will continue to deliver a salt and sand mixture to several fire halls across the city, free of charge to residents, since many stores have run out of salt entirely.

Jonathan Gormick, public information officer with Vancouver Fire and Rescue, said it was a tamer scene today than yesterday, when fire crews had to manage large and at times unruly crowds. But people continue to scramble for a bucketful of salt, and fire hall phone lines are ringing off the hook. They're working on ways to better inform the public as to when salt will be delivered.

Gormick suggested that this time, residents might want to think about clearing the snow right away — before it turns to solid ice.

People fill up buckets of free salt outside Fire Hall No. 14 on Vennables Street in East Vancouver on Thursday. JENNIFER GAUTHIER/FOR METRO

> Roads need sanding, but we know it won't happen.
> A resigned resident, via the VanConnect app

HOMELESSNESS

Shelters reaching capacity

Vancouver community centres open as emergency warming shelters have seen up to 200 visits on one night, and many shelters across the Metro Vancouver region are full as the unusual cold snap continues.

"What we do and what we've been doing ... is work with people when they come in," said Sean Spear, associate director of RainCity Housing. The organization operates two of the temporary shelters that have opened across the region during the winter months. RainCity's shelters have been full ever since opening in late November and early December.

"We have couching areas and we have extra mats so we will go over capacity and work with people. There's not a door slammed in their face."

While 209 people visited Britannia Community Centre on Jan. 3, only 19 people actually slept there. Ten people slept at Creekside Community Centre and two people stayed overnight at Sunset. Numbers for Jan. 3 were not available for West End Community Centre, but 28 people visited and 13 slept over on Jan. 2. A total of 1,800 people have visited the warming shelters since they opened in mid-December.

Numbers have been rising steadily throughout the week, according to data provided by the City of Vancouver. Visits are counted as people walk through the door, which means they could be counted twice in some cases. JEN ST. DENIS/METRO

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A rare excursion onto Trout Lake

A sublime winter day greeted ice skaters at Trout Lake in East Vancouver Thursday as the park board removed the 'thin ice' signs and declared the lake safe for ice skating. It's the first time in two decades that ice, which has to reach 12 centimetres to be safe, has been deemed thick enough. Our photographer Jennifer Gauthier headed out to Trout Lake Thursday and caught the action.

1 It's a common enough sight in other Canadian cities, but it hasn't happened in Vancouver for 20 years.

That's the last time it got cold enough to freeze Trout Lake.

The Park Board today confirmed that with a solid five inches of ice, the small lake is safe to skate on.

2 Long winter shadows and a wonderfully sunny winter day shone down on skaters at Trout Lake.

3 A girl leans on her stick as she watches a game of shinny at Trout Lake Thursday.

4 Mike Tanassee took two-year-old Marlon out for a skate.

ALL PHOTOS BY JENNIFER GAUTHIER/METRO

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SHOPPERS DRUG MART

Group 're-stitching social fabric'

COMMUNITY

Language educator helps locals share knowledge

David P. Ball
Metro | Vancouver

After studying languages for a decade and growing up in the Middle East, it wasn't until she exchanged language skills with a Turkish-speaker in Montreal 10 years ago that Mary Leighton discovered she'd been missing something.

"I realized it was the first time I felt I was actually using another language to communicate and find meaning," the Vancouver resident told Metro in an interview. "It was a really profound methodology for both improving language and having social benefits of developing trust, getting over fear and having fun."

Earlier this year, the 31-year-old language educator founded Language Partners B.C., a company that gets language lessons outside the more conventional classroom and workbook, and instead gets small groups around a common table and sharing their knowledge and cultures.

"Having neighbours meet each other is my vision," she explained. "For me and the participants, it's much more about community and re-stitching social fabric — especially in this critical time when there's so much fear and loathing and xenophobia and anxiety about, 'What does my neighbour think? What are their values?'"

Vancouver language exchange partners Ayla Harker, a Canadian, and Asma Hussein, who is Syrian, took part in Language Partners B.C.'s Arabic-English exchange earlier this year. According to the program's founder Mary Leighton, "neither spoke any of the other language when they started." CONTRIBUTED/NORMA IBARRA/LANGUAGE PARTNERS BC

In the process, however, friendships have flourished and, of course, participants have ramped up their language skills and are able to communicate effectively in daily life.

> Getting people face to face and letting them build trust has been so profound. Mary Leighton

Each two-hour session, Leighton said, starts with a check-in about how participants are doing, and discussion of any major events in the world that week. Then students break into partners and spend 45 minutes in one of their languages, then switch to the other learners' language. At the end, they return to the group and share what they learned that week.

The first 12-week cohort — a group of 10 Arabic-speaking women and 10 English-speaking women — began in February. Leighton's since hosted a similar course with men, as well as a multilingual cohort blending Turkish, Armenian, Kurdish and English.

"We're getting feedback that people really like having all those different languages and backgrounds together in the same room," Leighton said. "So for the next iteration, we might not be language-specific for the programs.

"Rather than just focusing on an exchange between one language and another, people want to really connect and know each other — not just their partner, but the people around the table with them."

Leighton, who has taught English and Turkish professionally, has herself learned French, Spanish and Arabic and is currently in a course offered on Tsleil-Waututh Nation in the Hul'qumi'num language.

In 2017, she hopes to bring Chinese into her language exchange options, as well as to further explore the multilingual approach she piloted with the Turkish-Kurdish-Armenian-English program.

Most importantly, Leighton said, she plans to shrink class sizes to cap them at ten students because the relationship-building has been so rewarding for Language Partners B.C.'s graduates so far.

"Getting people face to face and letting them build trust has been so profound," she said.

Are you ready for snow and ice?

- Prepare your shovels and de-icer in advance of winter weather.
- When it snows, move your car to a side street or garage so City crews can plow main streets more effectively.
- Avoid unnecessary driving in snow and ice. Check transit schedules at **translink.ca** for commuting alternatives.
- Prepare your irrigation system for cold weather. Frozen lines can break, causing water run-offs that can freeze on sidewalks and pose a hazard for pedestrians.

Remember, all property owners and occupants must clear snow and ice from sidewalks around their property by 10 am, seven days a week.*

*See Sections 76 & 76A of the Street and Traffic Bylaw for details

Be a Snow Angel: Lend a shovel when it snows

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Finding purpose in pipeline fight

School shooting led Cedar George-Parker to become active in Kinder Morgan protests

INDIGENOUS STORIES

Cara McKenna
For Metro

In the past several months, Cedar George-Parker has been a rising young voice in the fight against Kinder Morgan.

In late November, days before the pipeline expansion was approved by Canada, he stood with his grandmother Amy George at Vancouver City Hall to speak to several thousand people who gathered to protest the project.

Before that, the 20-year-old spoke out at several other rallies against fossil fuels in Vancouver, standing with friends and family members.

He comes from a family of activists, but he said what drives him is having seen others' suffering firsthand — and experiencing it himself.

"Every day I'm moving forward, and every day I'm learning more, because I love to learn," George-Parker said in a recent interview with Metro.

"I'm going to keep saying no to Kinder Morgan."

George-Parker, whose father is from Tsleil-Waututh Nation and whose mother is from Tulalip Tribes in Washington, recently moved back to Vancouver full-time. He plans to stay as long as it takes to fight the pipeline.

But in October of 2014, things looked a lot different for George-Parker. He was on a lunch break at his high school near Tulalip when his life was turned around by a deadly shooting.

A freshman student brought a gun to Marysville Pilchuck High School and killed four students, then himself.

The incident began a cycle of destruction for others at the school, and triggered more deaths from either suicide or drugs and alcohol.

"After that, I really just couldn't (cope), so I guess I just started drinking a lot," reflected George-Parker.

"There were a lot of people dying, and I just didn't really know how to handle it."

It was at his cousin's funeral that he realized he had to make a change, or else he would be next.

"I called my dad and said, 'Look, I'm going to end up in jail, killing somebody or dying,'" he said.

"I decided to change my life."

In the summer of 2015, his father Rueben George, a prominent anti-pipeline activist from Tsleil-Waututh, took him to the tarsands in Alberta.

Cedar George-Parker, left, marches in a rally against **Kinder Morgan's Trans Mountain Pipeline** expansion on Nov. 19, 2016 in Vancouver. CARA MCKENNA/METRO

> **No matter how bad it got, I never lost hope.**
> Cedar George-Parker

"(When I was there) I talked to a lady, I heard her story, and she told me about how devastating the oil has been to her and her family," George-Parker said. "Seeing someone's tears like that really got to me."

Since then, George-Parker has taken numerous trips worldwide where he's learned from others and spoken out himself.

Before Kinder Morgan escalated, he was in New Zealand on a cultural exchange, and joined Standing Rock land defenders in North Dakota. He's also spoken at the United Nations.

Now, he plans to keep fighting for change — something he now knows is always possible.

"No matter how bad it got I never lost hope," he said. "This is going to sound cheesy, I always said it in my mind (when things were bad). But no matter how dark the night gets, the sun will always rise."

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VANCOUVERING

Graeme McRanor holds his daughter, Dylan. COURTESY SUZY PATRICK

LABOUR OF LOVE

Babies don't care if you got things to do

THE BIG SQUEEZE

Graeme McRanor
For Metro

If there's a universal truth about babies, it's that they're an inconsiderate bunch.

And so it went with our own little impatient bundle of joy who, last Thursday, decided she wasn't keen to wait for her January due date and embarked on the long, arduous process of moving out of her tiny one-womb apartment more than two weeks early.

It must run in the family; eight years ago my son arrived three weeks ahead of schedule.

I'll never forget holding him for the first time. I was terrified.

There I was, a 37-year-old who'd never changed a diaper, suddenly responsible for another human life.

That first nappy swap? Clumsy. The second? Slightly less so. On my first all-day solo-parenting shift, I couldn't get him to stop crying. Almost in tears myself, I called my mom.

"I don't know if I can do this," I said.

"Of course you can," she said, talking me off the ledge. "You just have to figure out why he's crying."

Once calm, I did: his bottle's rubber nipple had become clogged and so, even though I'd been "feeding" him, he wasn't getting any milk. A few months later, for non-milk-related reasons, my relationship with his mom ended amicably and I moved into a small bachelor apartment where, half the week, I was on my own with a baby.

No matter; I'd embraced fatherhood. Was I a natural? Not a chance. But here's the thing: there's a difference between not being good at something and an unwillingness to get better.

That means making mistakes. Practice doesn't make perfect, but it'll make you capable, every time.

On Dec. 30, after a 12-hour active labour, partner Suzy delivered like a champ: daughter Dylan arrived at 5:28 a.m.

Shortly afterward, I held her for the first time.

I got this.

Now — how the hell do you braid hair?

Reinventing the Federal

FOOD NOTES

Abby Wiseman
For Metro | Vancouver

For anyone who has lived in the Mount Pleasant area, the Federal Store was that little grocer in the middle of a residential area where you'd grab some milk and stale liquorice. It was convenient, but not special.

When it closed, long-time Mount Pleasant residents Collette Griffiths and Christopher Allen saw an opportunity to reinvent the store into a neighbourhood café and two days later signed the lease. Now they've recreated the Federal Store (2601 Quebec St.) as a 16-seat café, eatery and speciality grocer with a simple yet excellently executed menu.

Griffiths and Allen did a complete renovation of the space, turning it into a warm and clean environment with an open kitchen and sitting nook for the casual sippers (where you may also meet Griffiths parents on any given day).

I tried the Cardamom Bun, Lemon Tart, Ham and Cheese Sandwich and Avocado Toast.

The Avocado Toast was the standout dish for me. I don't tend to get excited about avocado or toast, but when Allen placed the dish in front of me, my eyes feasted.

Served on fresh sourdough with a generous helping of mashed avocado, sprinkled with lime, mint, feta and chili flakes, the toast was refreshing and the hint of chili lingered on the tongue. This is avocado toast I'd go back for.

All the bread served at the Federal Store is made in house, which is currently a trend in Vancouver and a trend I'm happy about. The Ham and Cheese Sandwich comes in full size or half size and features aged white cheddar and ham. The aged cheddar slightly overpowered the ham — it was more cheese and ham, than ham and cheese — but as a huge fan of sharp cheese, I'm totally OK with those ratios.

The patisserie was fantastic. The Lemon Tart to me is a standard to judge other baking, and this one was perfect. It was sweet, but not too sweet, sour, but not too sour and buttery in the best way.

The Cardamom Bun is a spin on an un-iced cinnamon bun, but with cardamom. The pastry was crispy on the outside yet tender on the inside, and the cardamom was fragrant but not overpowering and hit me in the comfort spot.

The Federal Store is a great place for a casual coffee or lunch with a friend. Griffiths and Allen bring a truly Mt. Pleasant spirit about it, and I can see this becoming a local favourite where neighbours can come together.

Also, you can still get candy there and it's not stale.

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with icons by **Danielle Vallée** from the noun project

Bringing builders back to the earth

Pam Carr, an artist, teacher and musician, is constructing a cob house on Mayne Island.
COURTESY PAM CARR

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

Covered head-to-toe in mud, a group of workers stand back to admire the graceful beauty of newly formed cob walls. A fanciful shed with a green roof serves as a beacon to environmentalists and dreamers alike. Cob structures, built mainly from a mix of water, sand, clay and straw, are gaining ground with innovative thinkers.

Cob, the English term for mud building without the forms, is firm enough to build with but soft enough to shape in creative ways.

An ancient technique, it's seeing a modern resurgence. And it's catching on in Vancouver and environs.

At City Farmer's Demonstration Garden in Kitsilano, a cob garden shed featuring a green roof with curved, textured walls creates a focal point in the garden. Stanley Park Ecology Society replaced an aging popcorn stand with a cob building. Built by more than 200 volunteers, it has a green roof, reclaimed Douglas fir roofing beams and is used for various fundraising events. UBC Farm has a cob hut, lounge structure and oven that host numerous classes and workshops.

Just off the beaten track, a growing number of cob building workshops are on offer. Pam Carr, an artist, teacher and musician, is currently constructing a cob house on Mayne Island.

"The idea of building a cob house came to me organically as I was interested in sustainable housing," she said, noting she first heard about the earth ships being built in the States.

After delving further, she discovered a whole cob community, attending several longer workshops, and eventually decided to build a cob home. After meeting with Elke Cole of Cobworks to collaborate on the design, Carr soon began the process of clearing the land and creating her own work of art.

Set on a hillside, Carr's 1,300-square-foot cob home has a vaulted area over the kitchen. The bottom floor, complete with radiant floor heating, is made entirely from cob, and the upper half floor from traditional wood framing construction. Windows of all shapes and sizes are formed using bottles and large glass jugs, and coloured glass is found throughout the house.

For Carr, the appeal of cob lies in "the curving nature of the corners, and the warmth and feel of the material." She loves "the community that comes together as the house is built, the fact the walls breathe and we are using lots of local and recycled materials."

Working with friends, family and the community, Carr has slowly but surely shaped her own dream.

The Mud Girls — an all-women, natural building collective offering cob-building services, workshops and work parties where they share natural building skills and work on a natural structure — have been central to the project. After Carr got in touch with them, they set up several workshops and crew building sessions at her home last summer.

This spring, the Mud Girls host a cob-building workshop at UBC Farm using the cob oven build as a demonstration site.

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N.Y. Times plugs Ottawa

PROFILE

Officials look forward to a potential tourism boost

Dylan C. Robertson
For Metro | Ottawa

A glowing New York Times report "did a really good job at capturing Ottawa." ISTOCK

Ottawa's tourist sector is celebrating a glowing New York Times report published Thursday, on the city "emerging from the shadow of Montreal and Toronto."

The paper's 36 Hours in Ottawa report invites visitors to poke around the Château Laurier, sip wine on Sparks Street and get "a consummately Canadian sugar rush" of BeaverTails.

"To get on people's wish lists, you need articles like this," says Ottawa Tourism spokeswoman Jantine Van Kregten. "You need concrete examples of why someone would want to go there."

A 2007 Times article with the same title stuck to downtown, but Thursday's story ventures to Hintonburg and Centretown, which Van Kregten says speaks to the city's emerging neighbourhoods.

"The author did a really good job at capturing Ottawa," she said. "You can piece together a really kick-ass weekend by what the New York Times has shared."

Craig MacDonald, director of Ottawa Walking Tours, says media coverage plays a "huge" role in planting the idea of visiting in someone's head, or solidifying it.

"The larger the newspaper, the more likely you are to have them come up here," said MacDonald, who's thrilled the U.S. dollar is keeping high as Canada 150 events kick off. "We're looking forward to a fantastic year."

Unlike its January 2015 report on the ByWard Market, the Times' opted against recommending the Wine Rack. That article "created some buzz" for Amanda May Lingerie.

"We had a lot of friends and family share the article, which got us some new customers, and had a few tourists over the summer stop by, thanks to the article," May said.

MEDIA

Buzz

Canada has made a lot of international news recently as a place to visit and watch.

1. New York Times delved into the differences between Canadian and American Thanksgiving

2. The Guardian devoted a series to our country by launching Canada Week, with a peek at five Canadian cities

3. Lonely Planet named Canada the best place to travel in 2017

4. Vogue lusted over Prime Minister Justin Trudeau with an intimate photoshoot where he was pictured embracing wife Sophie Grégoire-Trudeau

TURKEY

Canadian charged for 'insulting' Erdogan

A Canadian woman has been arrested in Turkey for allegedly insulting the country's president in comments posted on Facebook, her Turkish lawyer said Thursday.

Ece Heper, 50, was arrested in the city of Kars in northeastern Turkey, and charged on Dec. 30, Sertac Celikkaleli said. Heper, a dual Canadian-Turkish citizen, had been in the country since mid-November, according to her friends.

"She is intense and opinionated, for sure," Birgitta Pavic said from her Toronto home.

At issue, her friends and lawyer said, are several recent Facebook posts about President Recep Tayyip Erdogan. In one posted on Dec. 28, Heper accused Erdogan of jailing journalists who suggest there is evidence Turkey is supporting Daesh.

Global Affairs Canada said they are aware of a Canadian citizen detained in Turkey and are providing consular assistance, but wouldn't divulge further information. THE CANADIAN PRESS

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Slow Braised Pot Roast Puttanesca

Ingredients

- 3 to 4 lb (1 1/2 to 2kg) beef chuck roast, trimmed of excess fat
- Salt and freshly-ground pepper
- 3 (45ml) Tbsp olive oil
- 1 cup (250ml) dry red wine
- 1 cup (250) beef stock
- 530ml (550g) Authentica World Cuisine Puttanesca Sauce
- 2 onions, quartered
- 8 carrots, diced into 1-inch (2.5cm) cubes
- 2 celery sticks, 1/2-inch thick sliced
- 2 cups (500ml) button mushrooms
- 2 bay leaves

Instructions

Season the roast with salt and pepper. Heat the olive oil in a Dutch oven over medium-high heat. Add the roast and sear on all sides until brown. Scatter the vegetables and add the bay leaves. Saute until the onions start to become translucent. Add the red wine, beef stock and the Puttanesca Sauce. Bring to a boil, then reduce heat to low. Simmer for 3 hours, basting every hour with the sauce, until the beef is fork tender.

Remove the roast, slice and arrange on a warm serving platter. Garnish with the vegetables. Serve with the sauce.

Serves 6 to 8

Women's March first step

Those who've signed on have agreed to fight for equality and inclusivity — and to stand united

ROSEMARY WESTWOOD
From the U.S.

Here's your motto for 2017, courtesy of the columnist Connie Schultz: "Your voice matters, but only if you use it."

Thus, hundreds of thousands marching in Washington and 47 U.S. states, never mind around the world, is a perfect start to the era of Trump. A critical, powerful first step to make dissenting voices heard.

And yet the Women's March on Washington — a movement set for Jan. 21 to defend the rights of women, LGBTQ people, Muslims and those of all faiths, racialized people and ultimately all people — has already been deemed useless by some.

Feminists are "making Trump's threat about themselves," argued Shikha Dalmia in The Week. Trump and his Republican-controlled capital aren't actually a threat to women. It's just feminists getting hysterical, and responding with "a confused and pointless march," she writes.

Leaving aside the worn-out misogyny of arguing that the women's movement is a shriek-fest, this kind of put-down — that the march isn't focused, that it has no clear purpose, that it's making a fuss that won't help — is the kind of pre-packaged criticism you could throw at any movement, of any era, at any time.

Those who've signed on have in fact agreed to something: They've agreed to fight for equality, inclusivity, and to stand united against threats that will inevitably hit the most marginalized, first. And most importantly, they've agreed to be vocal about it.

The Women's March is a crucial first step in igniting widespread left-wing activism across the U.S. It is an opportunity to galvanize action that will need to be sustained for years. It's a reminder to Republicans — who lost the popular vote, who gerrymandered and vote-suppressed their way into federal and state victories, despite the fact that the U.S. is generally become more left-leaning — that they have the entire rest of the country to answer to. Not just their voters.

Protesters rally against Donald Trump outside of Trump Tower in New York on Nov. 3. AFP/GETTY IMAGES

The march defends women's reproductive rights and health care, and women's dignity in the face of Trumpian hyper-masculinity and its portrayal of women as "nasty." It rejects white supremacist sentiment. It stands up for women impacted by government policies that increase poverty.

The sister marches in nearly all states also take the battle for women's rights, civil rights, religious freedom and progressive values to where they are deeply needed: at the state level.

Collective activism, widespread in scale and purpose, is the only thing that stands a chance of mitigating damage in the next four years.

The march is only the beginning.

GLOBAL DIGEST

UNITED KINGDOM

Harry 'constantly in trouble,' Princess Diana letter says

Letters sent by Britain's late Princess Diana — including one in which she described a young Prince Harry as being "constantly in trouble" while at boarding school — sold for thousands of pounds at an auction Thursday. The six handwritten notes were sent to Cyril Dickman, a former head steward at Buckingham Palace, during the 1980s and 1990s. THE ASSOCIATED PRESS

UNITED STATES

Hate-crime charges filed in Chicago attack

Four black people were charged with hate crimes Thursday in connection with a video broadcast live on Facebook that showed a mentally disabled white man being beaten and taunted, threatened with a knife and forced to drink from a toilet. The assault went on for hours, until Chicago police found the disoriented victim walking along a street. The suspects can be heard on the video using profanities against white people and Donald Trump. THE ASSOCIATED PRESS

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Insects crawling into diets

FOOD

Entrepreneurs selling critters in palatable packaging

Imagine grabbing a mealworm powder smoothie for breakfast, snacking on chocolate chip and cricket cookies at work and coming home to a big bowl of pasta drenched in a cricket bolognese sauce.

A number of entrepreneurs are banking on this environmentally friendly, nutritionally dense protein hopping into the average Joe's diet and are cooking up products to help make these critters a pantry staple.

"It's moving away from the novelty. It's moving away from the fear factor," says Eli Cadesky, co-founder and CEO of C-fu Foods in Toronto.

The company sells textured insect proteins that can replace traditional meat, soy, eggs or dairy when cooking. His second company, One Hop Kitchen, uses the product to make two bolognese sauces — one with crickets and the other with mealworm.

One Hop Kitchen's Eli Cadesky shows off insect protein based pasta sauces and protein material in Toronto on Wednesday. THE CANADIAN PRESS

The Food and Agriculture Organization of the United Nations encourages entomophagy — or the eating of insects — because of its environmental and health benefits.

Most insects likely produce less greenhouse gases, require less water and feed, and need less land than traditional livestock, according to the FAO. They also tend to be high in fatty acids, fibre and micronutrients, and don't tend to transmit diseases to humans.

A bottle of One Hop Kitchen's pasta sauce costs $9.99 in Canada.

People trying One Hop Kitchen's products now do so because they want to be more conscious consumers, Cadesky says, with 25 to 50 year-olds identifying as vegetarian, vegan or flexitarian, meaning they sometimes eat meat, making up the bulk of his customer base.

Around the world, humans eat more than 1,900 types of insects, including beetles, caterpillars and bees, according to the FAO — often because they're a favoured food and not due to a lack of options. Most of the insects are consumed in Asia, Africa and Latin America.

The trick to helping the protein become more commonplace in North America is to package it in ways that make it easy to add to the average person's diet, says Esther Jiang, the CEO of Toronto-based Gryllies, which sells a pasta sauce made with crickets. Pasta sauce, for example, is something most everyone knows how to make. The only difference is that Gryllies and One Hop Kitchen's products include insects.

THE CANADIAN PRESS

ECONOMY

Decades of deficits predicted

Federal numbers released quietly by the government late last month are painting a bleak picture of Canada's financial future — one filled with decades of deficits.

The report, published on the Finance Department website two days before Christmas, predicts that, barring any policy changes, the federal government could be on track to run annual shortfalls until at least 2050-51. The document says that if such a scenario plays out, the federal debt could climb past $1.5 trillion by that same year — more than double its current level.

To help explain the prediction, the report points to the major economic challenge caused by the gradual retirement of baby boomers. The demographic shift is expected to shrink work-force participation, erode labour productivity and drive up expenditures for things like elderly benefits.

THE CANADIAN PRESS

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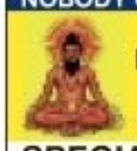

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metro SCIENCE

Your essential daily news

Naps power brains: A study of Chinese seniors found getting an hour of shut-eye in the afternoon could slow down age-related memory loss

DECODED by Genna Buck and Andrés Plana

ON THE VERGE OF GREAT SCIENCE

2016 was a standout year for science. Canadian researchers played a weighty role in observing gravitational waves for the first time, NASA's JUNO spacecraft arrived on Jupiter, and the gene-editing technology CRISPR came into its own. **2017 could be even more exciting. Here's what's on the global science agenda.**

1 The black hole in our backyard

If you think a solar eclipse is the coolest celestial scene we're going to see in 2017, think again. Early this year, scientists are set to take the first-ever snapshot of an event horizon — the "point of no return" — where stuff, like hot gas and dust, gets sucked into a black hole. The black hole in question, Sagittarius A*, is right at the centre of our very own Milky Way galaxy, just 26,000 light-years away. If the predictions of Einstein's theory of general relativity are correct, it should appear as a crescent of bright gases surrounding a dark spot, and the size of the shadow it casts should be very close to current calculations. Talk about the ultimate test.

2 Synthetic blood

Blood transfusions are a miracle of modern medicine. Before the science of blood typing became accurate and reliable in the 20th century, there wasn't much of anything to be done for someone who needed blood. But there's still a perplexing problem —transfusions require an endless supply of healthy human volunteers willing to donate. Soon, that could change. In 2017, a British clinical trial is going to transfuse volunteers with synthetic blood for the first time. Because the blood cells are grown from donated stem cells, it might be more accurately called engineered or lab-grown blood. Whatever we call it, it could revolutionize medical care for people who've suffered from bleeding or bleeding disorders.

3 Planet 9 from outer space

Far, far, away, but in our galaxy, scientists believe there's a large, icy planet on the outer edge of our solar system. It only orbits Earth once every 15,000 years or so. We haven't seen it (just objects orbiting it), but several teams around the world have telescopes trained on the spot they believe Planet 9 may be lurking.

4 A major victory against malaria

2017 may well be remembered as the year we finally tamed one of the greatest killers in human history: Plasmodium, the mosquito-borne parasite that causes malaria. We're getting closer than ever to a malaria vaccine that actually works. And it's made of the malaria parasite itself, just engineered without three key genes that help it invade the liver. The first human trials, published this week in the journal Science Translational Medicine, found the vaccine is safe, doesn't cause too many side effects, and stimulates the body's immune response to malaria. The coolest part? The researchers gave the dummy parasite to patients the same way they'd get the real one: not in a syringe, but through the bite of an infected mosquito. The next steps are to test it on more people and determine how vaccinated patients fare when exposed to the disease.

If the results are good, a vaccine will fight malaria in a way no insecticide, protective gear or bed netting could. Resolution 2018: Kiss malaria goodbye for good.

5 Quantum computers

All modern computing is based on binary code: A series of numbers called "bits" that can be in one of two states: 0 or 1. Because quantum physics is crazy, tiny subatomic particles (like photons, the stuff light is made of) can be in more than one state at the same time (such as up, down, or both). Because of this, quantum computers have the potential to do super-complex calculations today's computers can't handle. Until now, it's been mostly theoretical. But some scientists believe we'll see quantum computers IRL in 2017. Both Google and Microsoft have quantum projects in the works.

FINDINGS
Your week in science

NASA

PLUTO'S PENITENTES
Penitentes: spectacular spires of natural ice, stretching as far as the eye can see, are famously found in the Andes. Now York University researchers say penitentes made of methane and nitrogen are on Pluto, too.

SINGLE IN THE SUBURBS
Find suburbia depressing? It's not just you. When humans invade their forest homes, certain songbirds — including the Pacific wren and Swainson's thrush — flee the area, fail to breed bird babies, and even "divorce" from their long-term mates, says a 10-year study of the Seattle area.

SOUND SMART

TRANS NEPTUNIAN OBJECT

DEFINITION
A **trans-Neptunian object** is any object in our solar system that orbits beyond Neptune. Pluto is one **trans-Neptunian** object out of more than 70,000 that measure at least 100 km across.

USE IT IN A SENTENCE
Deborah is being such a pain that I'd love to stick her on a spaceship and send her to live on a **trans-Neptunian object** on the outer reaches of our solar system.

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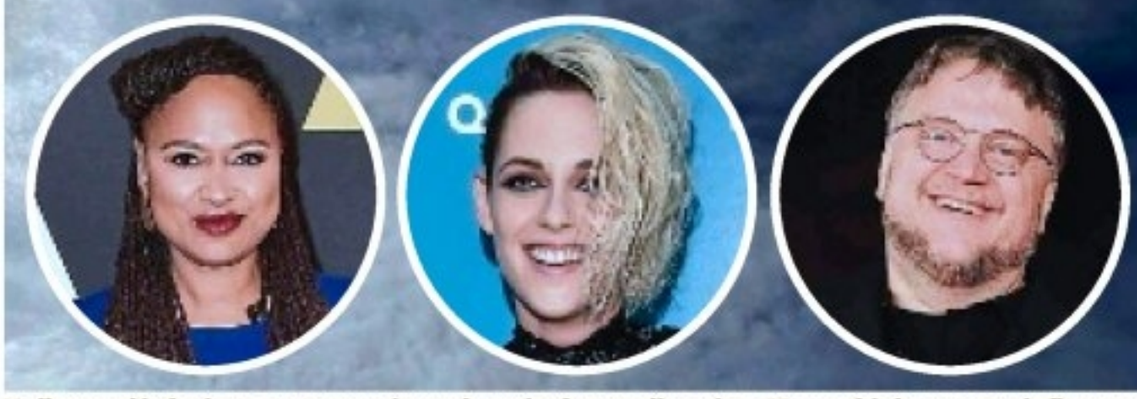
Richard Crouse
For Metro Canada

Clouds over Hollywood

Awards season is upon us but with many questions hanging over the movie industry, it's not really time to celebrate. Here are Metro's thoughts on clearing the skies.



Hollywood is facing many questions about its future direction. Metro thinks greater influence and impact from the likes of, left to right, Ava DuVernay, Kristen Stewart and Guillermo Del Toro would go a long way to helping. GETTY IMAGES/THE ASSOCIATED PRESS FILE

It's awards season, a heady time when the movie biz pats itself on the back for a job well done. Tuxedoes are rented, Botox injected by the gallon and hundreds of miles of red carpets unfurled as industry insiders honour the best of the best with statues and speeches.

But is it really a time for celebration? The movie biz had a record-breaking year, raking in north of $11.4 billion on the backs of, as one industry insider said, "a forgetful fish, infighting superheroes and some intergalactic rebels."

But for every Finding Dory, Captain America or Rogue One, which all earned good reviews and audience support, there were dozens of others that acted as public repellent, driving viewers away in droves. Those unsuccessful movies are dark clouds hanging heavy over the Hollywood landscape. Metro has some thoughts on how to clear the skies and ensure smooth sailing until Hollywood runs out of awards to hand out.

Let's spend more time watching imaginative new worlds and ideas brought to life on the screen. Give me more movies from Guillermo Del Toro, Edgar Wright and Andrea Arnold, filmmakers who constantly reinvent our relationship with story and cinema.

Although I'm looking forward to John Wick 2 and Skull Island, let's cut back on the reboots, reimaginings, remakes and films with numbers in their titles.

Let Kristen Stewart do anything she wants. Her death-defying leap from a Young Adult idol to indie star has been inspiring to watch. She digs deeper and deeper with every role, distancing herself from the teeny-bopper image that defined the early part of her career. Her choices are wild and woolly and you don't know what to expect next from her. More please.

No more 'interesting' movies from Will Smith. His over-thinking has done more collateral damage to his once towering career than his last film, Collateral Beauty.

More convulsive belly laughs triggered by thoughtful, interesting jokes please. That means fewer films that mistake politically incorrect "did he really just say that?" jokes for actual humour.

Can we have more reliance on the human touch on screen; directors like Jim Jarmusch, Mira Nair and Barry Jenkins who use instinct and experience to create their art.

Let's have less studio reliance on branding, formula and script algorithms like ScriptBook, ScripThreads and Slated. Successful movie ideas don't come from marketing departments or mathematical analysis, they come from the hearts and minds of interesting storytellers.

For every Finding Dory, Captain America or Rogue One, which all earned good reviews and audience support, there were dozens that acted as public repellent.

We need more films that pass both the Bechdel Test (does the movie feature a scene where two women discuss something other than a man?) as well as the DuVernay Test (do the African American and other minority characters have fully realized lives or are they just scenery in white stories?) If the answer is yes to either of these questions, you'll have more films that better reflect the world we live in.

Finally, it's time for Hollywood to be truly egalitarian. We need to see an end to white actors cast in non-white roles. It's not knee-jerk political correctness — it's justice for years of whitewashing in Hollywood. Recently in Doctor Strange, Gods of Egypt, Aloha and many others caucasian actors were cast in roles written or conceived for people of colour. Let's stop that in 2017.

MOVIE RATINGS by Richard Crouse

Hidden Figures	★★★★
Silence	★★★★
A Monster Calls	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

STARS' CONCERNS

So, is the silver screen beginning to lose some of its sheen?

The second you put restrictions on art, you're going to see a shape-shift, because you can't restrict expression. Shailene Woodley

I do feel myself looking in other venues than movies. Movies are just a part of what we do now. Peter Sarsgaard

We make films all around the world, and Hollywood pretty much is of some bygone era now. Nicole Kidman

The cinema I grew up with and that I'm making, it's gone. Martin Scorsese

A tale based on drug-smuggling Mennonites

Pure, which premieres Monday on CBC-TV, is based on actual accounts of Mennonites acting as drug mules. Various reports suggest some members were smuggling cocaine and marijuana into Canada from Mexico. CONTRIBUTED

NEW SERIES

Creator of CBC's Pure had hard time selling his idea

What if Walter White was a Mennonite?

Pure, which premieres Monday on CBC-TV, is based on actual accounts of Mennonites acting as drug mules. Various reports suggest some members were smuggling cocaine and marijuana into Canada all the way from Mexico by hiding drugs in hollowed-out car batteries and wheels of cheese.

Series writer and creator Michael Amo (The Listener) optioned one such magazine article nearly a decade ago but had a hard time selling networks on a Christian sect version of Breaking Bad.

"I couldn't get any traction on it," says Amo, whose Russian-immigrant grandparents were Mennonites. "I found there was a lot of resistance to the notion that this was even real."

Well-publicized busts involving drug mules in Calgary and southwestern Ontario helped open a few eyes, says Amo. Around the same time, so did the success of True Detective and Fargo, two dark dramas that proved there was an appetite for short-run series.

> **Our story is about a very good man becoming bad in deed, but always remaining good in heart.**
> Michael Amo, Pure series writer and creator

Shaw Media developed Pure for a while "then decided it wasn't for them," says Amo. That's when CBC stepped in, with the series going into production in Nova Scotia this past fall.

Key to the project was finding the right actor to play Noah Funk, the God-fearing head of the Mennonite community.

"Walter White's journey was all about a good man becoming bad," says Amo. "Our story is about a very good man becoming bad in deed, but always remaining good in heart and being tormented by all these transgressions."

Amo found his straight arrow leader in Ryan Robbins, a native of Victoria, B.C. with credits on everything from Arrow to "Continuum and Battlestar Galactica. Clean-shaven and sporting nerdy glasses, a straw hat and suspenders, Robbins looks the part. On the day of a press visit to a hillside location, director Ken Girotti — who helms all six episodes — has Funk take his frustrations out on a cellphone.

Funk's un-Godly dilemma: he must betray a fellow Mennonite in order to rid his community of drug traffickers.

The plan backfires when drug kingpin Eli Voss (Peter Outerbridge) threatens Funk's family if he doesn't look the other way on the smuggling operation.

"He's trying to be true to his God and his family," says Robbins. "He thinks he can do all this and get back to the way things were before. He very quickly finds himself in (trouble)."

Encouraged by Girotti, Outerbridge (Orphan Black, ReGenesis) strives to portray Voss as pure evil.

"We decided I didn't want to have any facial expression," he says. "He should come across as that thing that Mennonite moms told their kids before they go to bed at night: make sure they do well in school or Eli Voss will come and get you."

Funk finds two unlikely allies in trying to bring Voss to justice: a former high school tormentor-turned misfit cop (played by Irish-born Canadian actor A.J. Buckley) and American drug enforcement agency officer Phoebe O'Reilly (Oscar nominee Rosie Perez).

"He's a degenerate, but he's honest about it," says Buckley of his character.

The Pure cast had one big challenge that had nothing with character development, however: making scenes shot in farm fields in Dartmouth in November look like rural Mexico.

"Especially when we're trying to hide the fact we can see our breath," says Robbins, "and the crew's all bundled up like Kenny from South Park."

THE CANADIAN PRESS

DIALOGUE

Perez takes advice 'to stop talking like Rosie'

For Pure, Oscar nominee Rosie Perez, who plays American drug enforcement agency officer, tamed her loud and proud Puerto Rican/Brooklyn accent and spoke barely above a whisper.

"I worked really hard for two straight weeks," she says, taking her vocal coach's suggestion — even in interviews — to "stop talking like Rosie and just talk like O'Reilly. It was the greatest advice."

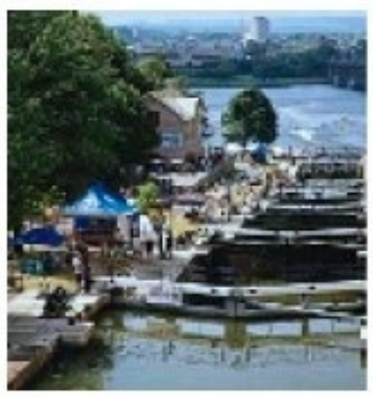
metro TRAVEL

Your essential daily news

Disney's Tower of Terror took its final plunge Monday. It is getting a Marvel makeover.

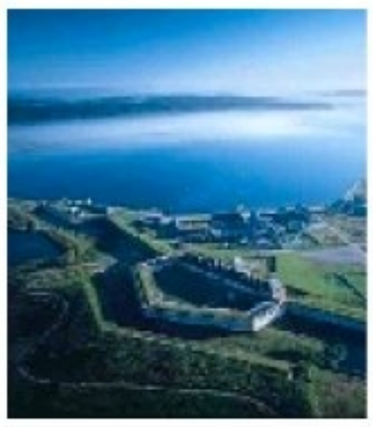
5 PARKS TO VISIT FOR CANADA'S 150TH

Parks Canada is celebrating the country's 150th birthday by offering free admission to every national park, historic site and marine conservation area from coast to coast. To date more than 1.7 million people have gone online to request a Discovery Pass. The pass represents great value for those eager to explore our country. Here are options for every adventure: **LOREN CHRISTIE/FOR METRO**



1 Best value

In addition to free entry, Parks Canada is offering free lockage on any of its historic canals and waterways. A six-metre boat that would cost $700 for a season's pass now costs nothing, making this the summer to ply our waterways including the Rideau Canal, Ontario's only UNESCO World Heritage site.



2 Best historic site

The Fortress of Louisbourg on Nova Scotia's Cape Breton Island is the largest historical re-creation in North America. Dozens of staff dressed as soldiers and townsfolk add the colour to the bricks and mortar of this reconstructed fort. The Discovery Pass will save a family approximately $40 on their entry fees.

THESE SPACES WON'T LAST

There are still fees and capacity restrictions applied to specialty programs and overnight accommodations, including campsites.

The reservations line for the west coast has just opened up with the rest of the country following. Visitors who want to pre-register for specialty programs can contact sites directly in the spring. There's normally no issue, but with the sesquicentennial, record numbers are predicted.

ALL PHOTOS PARKS CANADA

3 Best for exploring

Ontario's Pukaskwa National Park offers almost 100 km of trails to help visitors explore its protected ecosystem, which includes a boreal forest and a vast stretch of shoreline along Lake Superior. My father-in-law, who has camped his whole life, lists the views and sunsets from Pukaskwa as the best in the county.

4 Best to avoid the crowds

Banff and Jasper are the most popular national parks in the West. To avoid crowds consider visiting some of the other majestic Western parks, like Revelstoke or Waterton Lakes National Park, an international peace park shared with the United States. With an exceptional diversity of wildlife and a cozy little waterfront town to serve as a home base, Waterton makes a great alternative.

5 Best hidden gem

Quebec's Mingan Archipelago National Reserve Park lies on the far end of the highway on the north shore of the St Lawrence. It includes some thirty limestone islands, more than a 1000 granitic islets and reefs and an abundance of marine life including whales, dolphins and seals.

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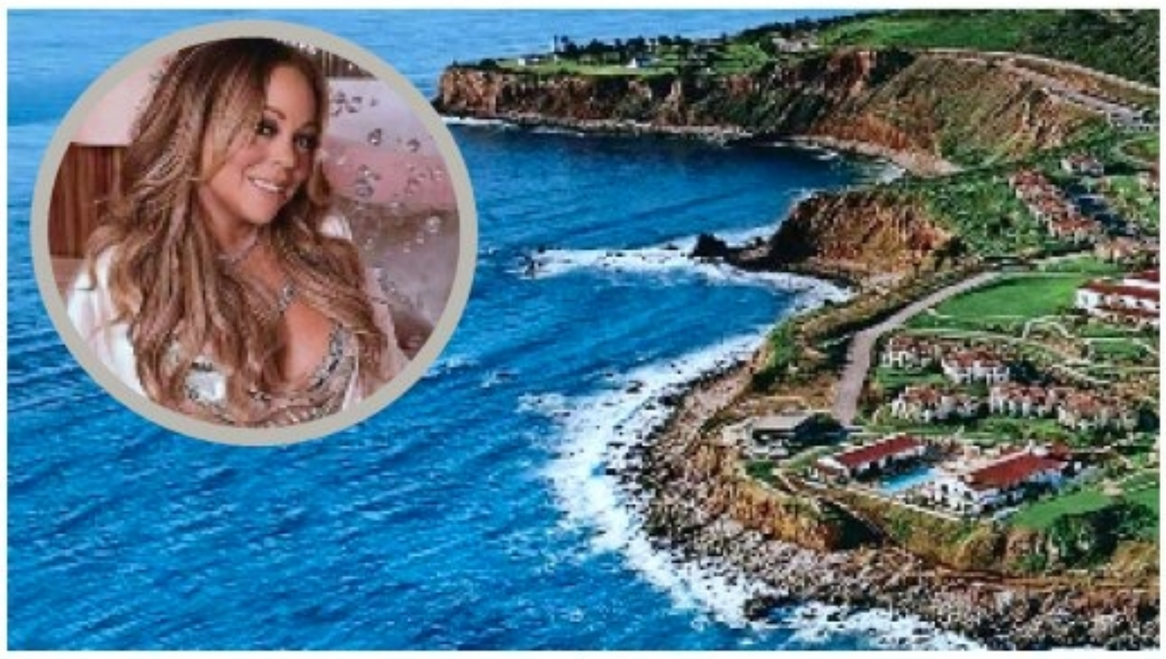
Spotting the stars

The City of Angels is a mecca for the hottest workouts around, what with Hollywood starlets and hunks needing to maintain their toned and seemingly ageless bodies. Here are your best bets for a getting a great workout with a side of star sightings on your next trip to Lalaland. **KAREN KWAN/FOR METRO**



Nature's Gym class

Before she gave birth to twins, **Mariah Carey** babymooned at Terranea Resort, a sprawling oceanfront property in Rancho Palos Verdes. While the songstress spent her time there getting pampered at the luxe spa, you can work up a sweat here so you can be red-carpet ready in their Nature's Gym class. This bootcamp will have you running across the resort with stops to work on strength using resistance bands and your own body weight.

Rise up, rise up

Climb your way to being as fit as **Ashley Greene and Minka Kelly** at Rise Nation. Working on a Versa Climber in a dark, air-conditioned, nightclub-esque studio with dance music pumping from the speakers, will give you the cardio and leg work you'd get hiking at Runyon Canyon, only it's packed into a 30-minute class and inside from the smog.

Hit the Hills

Escape the traffic and set out on foot in L.A. for a hike. The second biggest city in the U.S. is home to some great hiking, and you'll want to watch your step as you hike the dog-friendly Griffith Park and Runyon Canyon because you'll not only spot the Hollywood sign but also some celebs such as **Justin Bieber, Zac Efron and Dakota Fanning.**

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All Inclusive
Call for savings of up to $100!*
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Montana Hotel Kensington ★★★
London, United Kingdom
May 22 & 23, 2017
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Flight, hotel & breakfast
Call for savings of up to $100!*
$919 + $533 taxes (ATH)

Park Shore Waikiki An Aqua Boutique Hotel ★★★
Honolulu, Hawaii
Feb 20, 2017
7 Nights
Flight, hotel & transfers
Call for savings of up to $100!*
$1099 + $215 taxes (AMV)

Alsol Luxury Village Cap Cana ★★★★Plus
Punta Cana, D.R
Jan 23, 2017
7 Nights
All Inclusive
Call for savings of up to $100!*
$1025 + $470 taxes (SWG)

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metro SPORTS

"That's why I came here ... I know we can win the World Series ": Edwin Encarnacion after finalizing a three-year, $60-million deal in Cleveland

Canadians fire blanks in shootout loss to rivals

WORLD JUNIORS

Terry scores decisive goal to help Americans capture gold

Troy Terry scored in a shootout to lift the United States to a 5-4 victory over Canada to win the world junior hockey championship on Thursday night.

It was Terry's three shootout goals in their semifinal against Russia on Wednesday that put the Americans into the final.

The U.S. erased a pair of two-goal Canadian leads to reach overtime, with Kieffer Bellows scoring twice and Charlie McAvoy and Colin White with singles.

GOLD-MEDAL GAME

5	4

Thomas Chabot, Jeremy Lauzon, Nicolas Roy and Mathieu Joseph scored for Canada.

The U.S. and Canada have faced each other four times in world junior finals, with Canada taking the first in 1997 and the Americans winning the next three — including 2004 and 2010. It was the fourth world junior title overall for the Americans.

Canada outshot the Americans 31-28 in regulation time and 17-7 in the 20-minute overtime, when U.S. goalie Tyler Parsons was spectacular and Canada's Carter Hart survived some hairy scrambles around his crease.

Matt Barzal's pass on a three-man rush went off Joseph's stick to Chabot on the left side for a shot into an open net to open the scoring at 4:38 into the game.

A long stretch of Canadian pressure led to Lauzon's goal at 9:02 as Adam Fox batted the puck into the slot with his hand and the Rouyn-Noranda Huskies defenceman fired it to the top corner past Parsons.

The Americans bounced back to start the second as Canada left the centre of its zone wide open for McAvoy to cruise in, take a pass from Jordan Greenway and beat Hart glove side from the slot.

A too many men on the ice call against Canada allowed the U.S. to tie it at 9:30 as Bellows tipped a Fox point shot under the crossbar.

Bellows was sent off for kneeing Joseph 55 seconds into the third frame and Roy walked in on the left side and wired a high shot past Parsons at 1:52.

Joseph went briefly for treatment, but returned to take Michael McLeod's pass up the middle and score his first of the tournament on a breakaway at 4:05.

The Americans struck back 39 seconds later as Bellows one-timed a McAvoy pass from the right side and White evened the score at 7:07 when he redirected a Fox pass at the side of the net past Hart. THE CANADIAN PRESS

Team USA celebrates after defeating Canada in the gold-medal game on Thursday night in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

BRONZE-MEDAL GAME

Denis Guryanov scored in overtime as Russia defeated Sweden 2-1 on Thursday in the bronze-medal game.

- Kirill Kaprizov had the lone goal in regulation for Russia. Netminder Ilya Samsonov was brilliant, stopping 38 of 39 shots.
- Jonathan Dahlen had Sweden's lone goal.
- The Russians have now won a medal for seven consecutive years. Sweden has finished fourth in three straight tournaments.

NFL PLAYOFFS

Seahawks fair game without Thomas

Until a month ago, the Seattle Seahawks never knew what it was like without Earl Thomas on the field.

Now they're finding out how much Thomas means to everything they try to accomplish defensively.

"Earl's a unique player. He's an extraordinary player, he's proven that," coach Pete Carroll said.

"No matter what position a guy plays, you miss that unique quality."

Since Thomas suffered a broken leg early in Seattle's Week 13 win over Carolina, the Seahawks have become vulnerable against the pass.

Earl Thomas GETTY IMAGES

In the final four games of the regular season, the opponent passer rating against the Seahawks was 105.0. In the first 12 games, it was 77.9. And while that final four-game stretch included stellar games by Aaron Rodgers and Carson Palmer in a pair of Seattle losses, it also included performances by Jared Goff, Case Keenum and Colin Kaepernick that didn't lead to wins against Seattle but were probably better than most expected.

Now come the pass-happy Detroit Lions in the NFC wild-card round on Saturday.

"I wouldn't say vulnerable, you know, they're a heck of a defence," Detroit quarterback Matthew Stafford said. "They do a great job. Obviously, Earl brings a mentality to them. He's an extremely aggressive player ... but I mean they've got a great defence."

THE ASSOCIATED PRESS

NHL

Caps deny Jackets a piece of history

Columbus delivered a clunker in its try for a historic win.

The Blue Jackets lost 5-0 to the Washington Capitals on Thursday night, ending their winning streak at 16 games, one shy of the NHL record.

Columbus lost for the first time since Nov. 26, ending a captivating run for coach John Tortorella's team that fell short of the 1992-93 Pittsburgh Penguins' record of 17 consecutive wins.

THURSDAY in D.C.

5 CAPITALS	0 JACKETS

The Capitals kept the Blue Jackets' league-leading power play off the board in five chances, and Daniel Winnik, John Carlson, Nate Schmidt, Andre Burakovsky and Justin Williams scored to chase goalie Sergei Bobrovsky. THE ASSOCIATED PRESS

TENNIS

Match-fixing resurfaces ahead of Australian Open

Match-fixing in tennis is back on the radar, less than two weeks before the Australian Open.

Victoria state police on Thursday charged an 18-year-old man following an investigation by detectives from the Sporting Integrity Intelligence Unit into allegations of match-fixing at a lower-tier tournament in Traralgon, 160 kilometres southeast of Melbourne, in October. THE ASSOCIATED PRESS

NBA

Rockets ride free throws over OKC

The Rockets' Nene is fouled by the Thunder's Jerami Grant, right, on Thursday in Houston. THE ASSOCIATED PRESS

James Harden scored 26 points and Nene made two free throws with 0.7 seconds remaining to lift the Houston Rockets to their sixth straight win, 118-116 over the Oklahoma City Thunder on Thursday night.

Houston overcame Russell Westbrook's 49 points, though the star guard struggled down the stretch.

Nene had a season-high 18 points for his 12th double-digit game this season.

THE ASSOCIATED PRESS

WILD-CARD SKED

SATURDAY
Raiders at Texans, 1:30 p.m.
Lions at Seahawks, 5 p.m.

SUNDAY
Dolphins at Steelers, 10 a.m.
Giants at Packers, 1:30 p.m.

MAKE IT TONIGHT

Lovely Roasted Vegetable Pizza

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Fragrant herbs, melted Fontina and roasted vegetables make this flat bread pie a vision of dinner loveliness.

Ready in 35 minutes
Prep time: 15 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 3 mini potatoes
- 1 small beet
- 1/2 yellow zucchini
- 1/3 red onion
- 1 carrot
- 1 or 2 stalks of fresh rosemary
- 2 Tbsp olive oil
- salt and pepper
- flat bread or prepared pizza crust
- 1 1/2 cups grated Fontina cheese

Directions

1. Preheat oven to 400 degrees. Slice vegetables very thinly, particularly potatoes. Place them on a baking sheet. Drizzle with oil, season with rosemary leaves and salt and pepper. Give everything a toss and then spread them out evenly on the sheet.

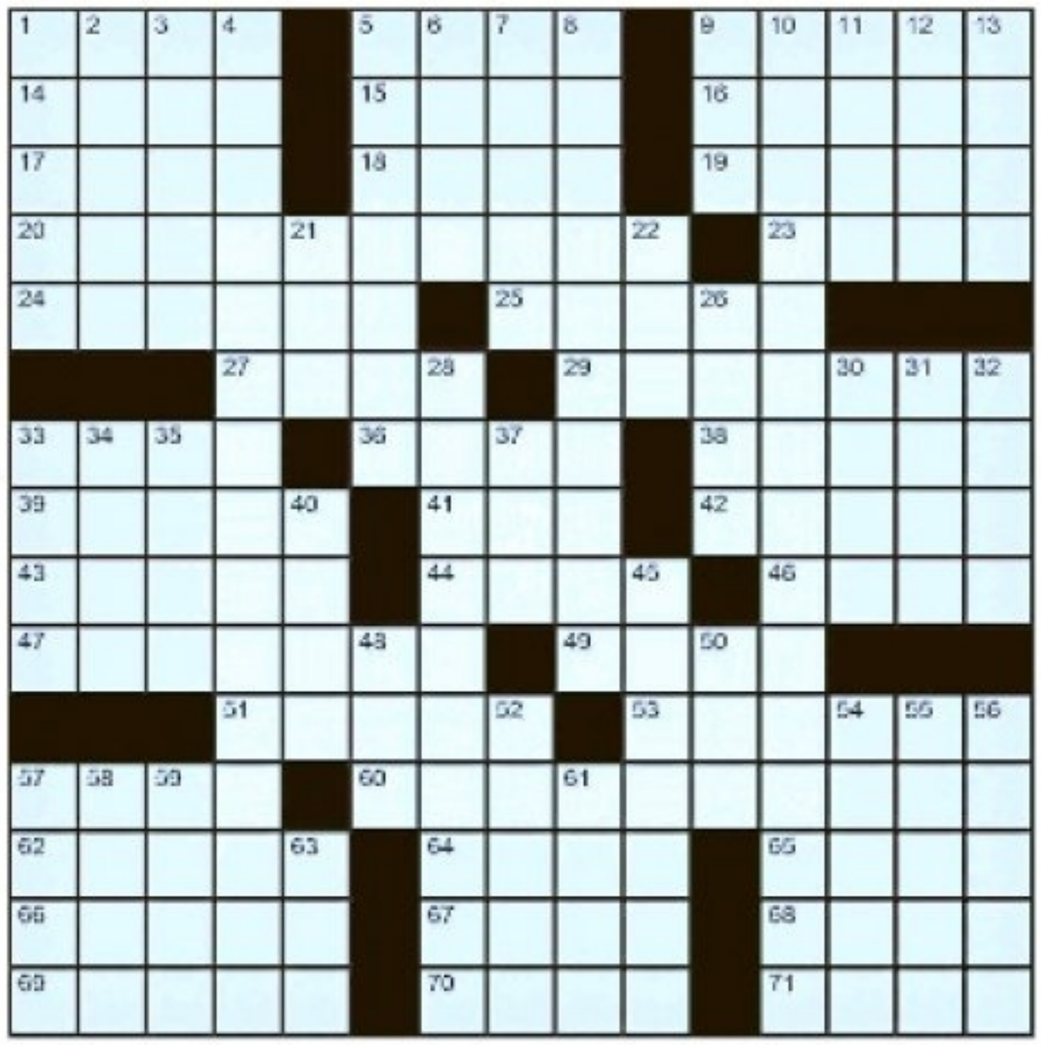
2. Bake for about 15 minutes, until vegetables are tender. Remove from the oven.

3. Place flat bread or pizza crust on another baking sheet. Arrange cooked vegetables, including the rosemary, on top. Sprinkle cheese evenly across. Pop the whole thing back in the oven for 7 or 8 minutes, until the cheese is melted and beginning to brown.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. The __, Jeff Bridges' role in "The Big Lebowski" (1998)
5. Dr.'s scheduled time
9. James Cameron directed movie, "The __" (1989)
14. Cast-__ pan
15. "__ Window" (1954)
16. Hope
17. __-dong!
18. Scotch __
19. White wine of Italy
20. It is Nunavut's southernmost community
23. Staff on a plane
24. Feudal lords
25. Ghost's quarters
27. Ms. Gabor's
29. Justin Bieber album: '__ 2.0'
33. Paul Bunyan's blue ox
36. Brood of pheasants
38. Sia song
39. Once-__ (Quick inspections)
41. Not specialized [abbr.]
42. Seal
43. Illuminated the candle again
44. Actresses Ms. Naldi or Ms. Talbot
46. Traverse the seas
47. City in Spain
49. Cinch
51. Rankle
53. Canadian actress/soprano, Deanna __ (b.1921 - d.2013)
57. Territory
60. Quinoa, blueberries, sweet potatoes and seaweed ...to name just a few
62. Space denizen
64. Drove
65. Type of acid
66. Tropical bean tree
67. Hosp. heart recordings
68. Largest lake of Ethiopia which is the source of the Blue Nile River
69. Disagreeable sorts
70. Tal Bachman's "__ So High"
71. Dutch for 'city'

DOWN
1. "Say that thou __ forsake me..." - Shakespeare
2. Dickensian schemer Mr. Heep
3. Ms. Pescow of "Saturday Night Fever" (1977)
4. Achievement such as the CN Tower: 2 wds.
5. __ breads (Handmade loaves)
6. Ring loudly
7. __ New Guinea
8. Spa specialties
9. Li'l notices in newspapers
10. Alternatives to the Alfalfa ones: 2 wds.
11. 2017
12. Keep
13. Diving duck
21. Mr. Spacey, to pals
22. Shortened amount
26. "__ Here" by Beyonce
28. 'John Hancock', and others
30. Latvia's capital
31. Nero's 57
32. Computer company
33. Villainous group in the 'Star Trek' universe, The __
34. Solemnly affirm
35. Mr. Lugosi
37. Vox populi, vox __
40. Twinkler
45. Bond Girl, Ursula __
48. "__ Boot" (1981)
50. Canadian rocker, Melissa __ der Maur
52. Historical time
54. TV reporter from Kazakhstan in the movies
55. "Let It Go" singer Ms. Menzel
56. Visual arts univ. in Halifax
57. Breath mints, tic __
58. __ Bator, Mongolia
59. Puerto __
61. Knife part
63. Tel. book listings

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might join forces with a boss or someone in a position of authority to introduce reforms and improvements to where you work. Why not run it up the flagpole to see if anyone salutes?

Taurus April 21 - May 21
Do not try to coerce others into agreeing with your politics or your religion today. Everyone is allowed to believe in what they want to believe in, including you.

Gemini May 22 - June 21
This is a poor day to discuss how to share or divide something, especially an inheritance. People are too passionate and too emotional.

Cancer June 22 - July 23
Resist the urge to try to give a makeover to someone close to you. This person will not see your suggestions as improvements. Instead, he or she will hear them as criticisms.

Leo July 24 - Aug. 23
Speak up with your ideas about how to improve your job or work environment. Someone might listen to you today. Who knows?

Virgo Aug. 24 - Sept. 23
Be patient with children today. Meanwhile, lovers will find that this is a passionate, memorable day! Oh yeah.

Libra Sept. 24 - Oct. 23
Family discussions will be intense today. You might want to deflect some of this energy into making repairs to the bathroom or anything to do with laundry, garbage and recycling.

Scorpio Oct. 24 - Nov. 22
Your words are very persuasive today. That's why this is a strong day for those of you who sell, market and write.

Sagittarius Nov. 23 - Dec. 21
Be careful when shopping today, because you might become obsessed with needing to have something. This is not the right frame of mind for spending money.

Capricorn Dec. 22 - Jan. 20
Take a realistic look in the mirror today and ask yourself what you can do to improve your image. Why not look your best?

Aquarius Jan. 21 - Feb. 19
Research will reveal secrets today, almost certainly. Deciding what to do with these secrets is your challenge. The most important thing is kindness. Do not harm others.

Pisces
Feb. 20 - March 20
A powerful friend might persuade you to change your goals today. Or perhaps you are the powerful friend persuading someone else. A healthy friendship allows for differences and respects them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					1	8	9	4
	1	4		8			7	
	8		6			5		
		8			9			
	5				3			
3			2	5		6		
1		6			2		5	7
8	7					1	4	
4						2		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	3	1	5	9	2	6	8	7
8	9	2	1	6	7	4	3	5
7	6	5	3	8	4	1	9	2
6	7	9	2	3	8	5	4	1
2	1	8	4	5	6	9	7	3
5	4	3	7	1	9	8	2	6
1	5	7	9	4	3	2	6	8
3	8	4	6	2	1	7	5	9
9	2	6	8	7	5	3	1	4

ANNUAL WINTER CLEARANCE EVENT

STORE WIDE SAVINGS

ENDS THIS SUNDAY! ONCE THEY ARE GONE, THEY ARE GONE! SORRY NO RAIN CHECKS!

White Leather Sofa Group
- 3 Seater was $1699 **NOW $999**
- Loveseat was $1599 **SOLD OUT**
- Armchair was $1249 **SOLD OUT**

Chrome Table Lamp
was $169 **NOW $69**

Bonded Leather Chair
Dining Chair in brown
was $229/ea
NOW $99 /ea

Contemporary Lamp
Floor Lamp was $229
NOW $99

Table Lamp was $199
NOW $89

Red Upholstery Chair
was $129
NOW $69

Mattress extra

Queen size Bed w/ Slats
- Grey Upholstery was $995
NOW $499

White L-Shaped Leather Sofa
- Chaise on right is now SOLD OUT.
NOW $1,899

George Coat Hanger
- was $195
SOLD OUT

Expandable Dining Table
White lacquered finish
- 37.5" x 71" - 90"/109" was $695
NOW $299

LED Desk Lamp
was $229
NOW $99

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